

Crew rest

TIME	CREW	ACTIVITIES
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
08:00-08:15	FE-1	ISS-4 payload status checkup
08:25-08:30		???-1 separator inspection
08:30-10:30	.	Weekly station cleanup
10:30-11:10	FE-1	??? maintenance
11:30-12:30	CDR	PHYSICAL EXERCISE: TVIS-1
12:30-13:30	.	Lunch
14:20-14:50	.	Weekly planning conference (<i>S-band</i>)
15:00-16:30	FE-2	PHYSICAL EXERCISE: RED
15:30-16:30	FE-1	PHYSICAL EXERCISE: CEVIS
15:35-15:50	CDR	Private psychological conference
16:30-18:00	FE-1	PHYSICAL EXERCISE: RED
16:30-17:30	FE-2	PHYSICAL EXERCISE: CEVIS
17:15-17:30	CDR	Private medical conference
17:30-17:45	FE-2	Private family conference (<i>S-band</i>)
17:30-19:00	CDR	PHYSICAL EXERCISE: (CYCLE ERGO+RED)-1
18:00-18:40	FE-2	Delta file downlink prep
18:42-18:57		Private medical conference (<i>S-band</i>)
19:30-20:00		Dinner
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Note: see missing references to US activities in OSTP.

End of r/g